SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 15

VANCOUVER
metro®

Thursday, August 2, 2012

News worth sharing.

metronews.ca | twitter.com/vancouvermetro | facebook.com/vancouvermetro

BRAZIL HAS A BLAST

Team Brazil lights up the sky over English Bay Wednesday during the second night of the 2012 Honda Celebration of Light. The annual summer fireworks festival concludes Saturday with Team Italy. JENNIFER GAUTHIER/FOR METRO

Get yours before August 13

fido

iPhone 4 is now $0

$0 with select 3-year Fido Agreements*

iPhone

Get the Fido ADVANTAGE™

FidoTRADE | FidoDOLLARS | *Fido LiveANSWERS*

FIDO STORES

ABBOTSFORD
32330 South Fraser Way, Unit 4
Meadow Fair Plaza
Seven Oaks Shopping Centre

BURNABY
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metrotown Centre

CHILLIWACK
Cottonwood Mall

DELTA
Scottsdale Mall

KELOWNA
Orchard Mall

LANGLEY
Willowbrook Shopping Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
368 – 800 Carnarvon Street
Royal City Centre

PORT COQUITLAM
101A – 2748 Lougheed Highway
Coquitlam Centre

RICHMOND
4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Yaohan Centre

SURREY
12845 – 96th Avenue
9 – 3268 King George Blvd.
7488 King George Highway, Unit 505
7500 Scott Road, Unit 104
109 – 9385 – 120th Street
1 - 8388 – 128th Street
Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

VANCOUVER
2430 Commercial Drive
6338 Fraser Street
8269 Granville Street
215 Keefer Street
3189 Main Street
1209 Pacific Avenue
1211 Pacific Blvd.
481 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
Champlain Heights Mall
First Avenue Market, Unit 102
Kingsgate Mall
Oakridge Centre
Pacific Centre

FUTURE SHOP
BEST BUY
WIRELESSWAVE
booth wireless
WIRELESS etc...
LONDON DRUGS
COSTCO WHOLESALE
THE MOBILE SHOP
Walmart

It's time to switch.
Go to **fido.ca**, visit a store or call **1-866-301-3436**.

Offers end August 13, 2012 and are subject to change without notice. *With new activation on 3-year Fido Agreement on plans of $25 or more and eligible Data Add-on (e.g. $10/100 MB Add-on excluded); Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. © 2012

Young offenders

RCMP policy discouraging dogs' use on youth has no teeth: Pivot

Vancouver's Pivot Legal Society is urging the RCMP to enact a policy requiring officers to avoid siccing dogs on suspects known to be youths, and only then if the youth presents a clear threat of serious harm, following several cases of children being bitten.

Sgt. Rob Vermeulen, a senior RCMP spokesman, told Metro via email that officers are already advised not to use dogs when the offender is known to be a youth and the offence or threat is minor.

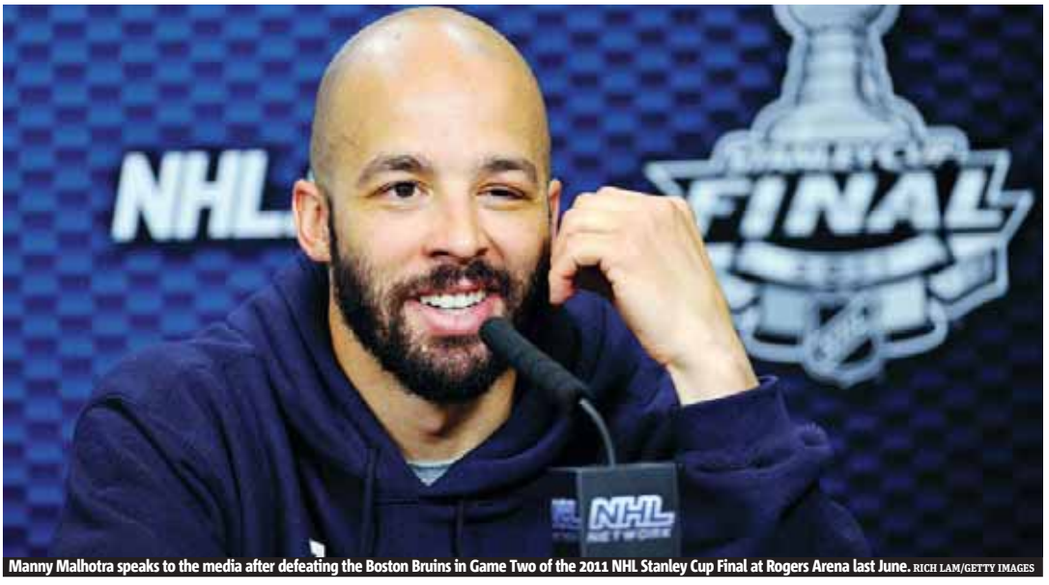
But Doug King, a lawyer with the Pivot Legal Society, wants to see a formal policy with some teeth. He claimed officers in Prince George recently admitted to him the RCMP's dog-squad use policy is under review, after a 12-year-old girl linked to an altercation involving bear spray was bitten in Prince George May 11. She required 20 stitches and the family filed a grievance with the RCMP complaints commissioner, alleging the officer knew the girl was a youth.

The Society sent a letter Wednesday to Ron Field, the provincial director of the RCMP police dog service, calling on him to bring in a formal policy to prevent and punish such incidents.

"The justice system treats youth differently because there's a recognition that the youth don't fully understand the consequences of their actions all the time, especially when you're talking about a 12-year-old," said King.

Vermeulen did not respond when asked for confirmation the RCMP's policy is under review.

KATE WEBB/METRO



Manny Malhotra speaks to the media after defeating the Boston Bruins in Game Two of the 2011 NHL Stanley Cup Final at Rogers Arena last June. RICH LAM/GETTY IMAGES

Canucks centre to march with Pride

Fighting for equality in sport. Manny Malhotra says everybody has a right to play in whatever game they love

KATE WEBB
kate.webb@metronews.ca

Canucks centre Manny Malhotra will march in the Vancouver Pride Parade this Sunday in support of the LGBTQ community and You Can Play, an organization dedicated to eliminating homophobia in sport.

"I'm thrilled to be able to show my support for You Can Play," said Malhotra in a statement released by the Canucks organization Wednesday.

"It's paramount that equality in sport, and beyond, becomes the norm. Everybody has the right to play the game they love. I am excited to share this message of equality and show my support this Sunday."

You Can Play co-founder Patrick Burke, whose father is former Canucks GM Brian Burke and whose brother Brendan made international headlines when he came out in 2009 while being the student manager for the Miami University hockey team, will join Malhotra in the parade.

He said the countdown is on to the watershed moment when the first openly gay professional hockey player makes his debut.

Quoted

"I think we'll have an openly gay NHL player within the next two years."

You Can Play co-founder Patrick Burke

"Sports is generally seen as the last bastion of organized secular homophobia, and there's a fear that the first male who does come out while he's playing will be harassed or ridiculed, and we don't believe that's true," Burke told Metro.

The formation of his Denver-based organization in March is part of the reason he thinks the timeline is shrinking by the day. Canucks Ryan Kesler, the Sedins, and about 50 other NHL players have also helped, he said, by publicly expressing their support for changing the culture of locker rooms and spectator areas.

"I choose to believe that (closeted professional athletes) are excited by what You Can Play has done — that they're taking this off-season to get used to us and to make sure that we're not going anyplace. And I think in the next year or so when they realize that the hockey community is ready for it, they'll feel safe coming out," Burke said.

"I think it's going to be a very inspirational and uplifting time, but I also think those athletes really underestimate just how much it's going to mean to the next generation, that there are kids out there whose lives are going to be saved by that moment."

The Pride Parade kicks off at noon Sunday in the West End.

Follow Kate Webb on Twitter @MetroK8

SMEN 1 NEWS

On the web

Victory is sweet, but along that road an athlete has got to endure a bit of pain. Scan the code to view some cringe-worthy moments from the Olympics.

Register Now For All Programs

Nursing Unit Clerk Begins August 7th Seats are limited

- 25 weeks (Mon, Wed, Thurs)
- 5 weeks full time practicum at a lower mainland facility/hospital
- Onsite (hospital) Computer Training

Program schedule is part time to suit your busy life!

Student Loans available. Information Session every Wednesday 6-8pm

Health Care Assistant Program begins August 7th (Just 6 months)

$500 OFF August 7th NUC & HCA

FREE LAPTOP with all Full Time program registrations.

Canadian Health Care Academy

Call: 604.540.2421 info@canadianhealthcareacademy.com www.canadianhealthcareacademy.com

Guilty plea. Man fined $1,500 for crash that killed two brothers, paralyzed a third

A man accused of causing a crash that killed two brothers and left a third paralyzed has been fined $1,500, but a judge did not issue a driving ban.

Ryan Miller may still be banned from driving by the superintendent of motor vehicles for the November 2008 crash in the HOV lane of Highway 1 near the Port Mann bridge, just east of Vancouver.

This week, Miller, 31, pleaded guilty to driving without due care and attention. The sentencing judge said the crash occurred because of a momentary lapse in judgment.

All three boys were sitting in the third row of the family van when their mother stopped the vehicle in the HOV lane as smoke started to pour through the vents.

Police say a BMW rammed the vehicle, injuring two adults and killing Andrew Moeller, 9, and his brother Matthew, 6, and leaving eight-year-old Karl Moeller paralyzed.

THE CANADIAN PRESS

Enbridge pipeline. B.C. residents oppose Northern Gateway: Poll

Almost three in five British Columbians oppose Enbridge's proposed Northern Gateway pipeline, a survey by Angus Reid revealed Wednesday.

The poll found that while more than one-third of B.C. residents are completely against the pipeline, 24 per cent of people say they could change their mind if certain economic or environmental considerations were met.

Among those five conditions — unveiled last week by B.C. Environment Minister Terry Lake — people were more likely to support the pipeline if world-leading marine and on-land oil-spill prevention and response systems were established.

Opposition to the Northern Gateway pipeline was strongest in the North and Vancouver Island.

The same poll, which surveyed 804 random B.C. Angus Reid Forum panellists, found less resistance to a separate proposal to expand the capacity of Kinder Morgan's existing Trans Mountain pipeline.

Exactly half of British Columbians were opposed to expanding capacity of the Trans Mountain pipeline, which carries oil from Edmonton to Vancouver.

JEFF HODSON/METRO

Public health

B.C. bracing for bump in West Nile cases

Warming temperatures could increase the risk of West Nile Virus, particularly in the Okanagan and Fraser Valley, the B.C. Centre for Disease Control warned Wednesday.

The virus, which is passed to humans from birds through mosquito bites, has not been found in B.C. this year, but it has been reported in Washington, Oregon, Manitoba and Ontario.

About 20 per cent of infected people develop symptoms that include fever, fatigue, headaches and swollen lymph glands. In rare cases it can cause inflammation of the brain or paralysis.

METRO

Accident

Knight Street crash marks city's 10th traffic fatality of 2012

A 62-year-old Vancouver woman died on Wednesday when the car she was riding in was struck broadside by a minivan at the intersection of Knight Street and East 20th Avenue.

The driver and the passenger of the car were taken to hospital, but the woman did not survive her injuries.

The driver of the minivan and her two young children were examined by paramedics at the scene and released.

The death is the 10th traffic-related fatality in Vancouver this year.

METRO

Thousands of Parisians bond at Dîner en Blanc at the Louvre in Paris in 2011. CONTRIBUTED/DÎNER EN BLANC

Ultimate Parisian picnic coming to Vancouver

Dîner en Blanc. Elegant flash-mob feast takes place on Aug. 30, but who knows where?

Dinner in white

"I really wanted to have people look at the photos from the global website and go, 'Wow. That's Vancouver.'"

Tyson Villeneuve, host of Vancouver's Dîner en Blanc

KATE WEBB
kate.webb@metronews.ca

One of Paris's hautest annual events, Dîner en Blanc (Dinner in White), is coming to Vancouver, and already more than 700 people have tickets.

Part upscale picnic, part monochromatic flash mob, Dîner en Blanc will bring 1,200 people together for an outdoor meal enjoyed with tables, chairs and linen at a location kept secret until one hour before the event.

"It's the essence of joie de vivre," says Tyson Villeneuve, the French host of Vancouver's Dîner en Blanc, set for Aug. 30.

"For four hours, friends and complete strangers come together all dressed in white for a pop-up sophisticated picnic and dinner, and then drink wine, drink champagne and have a good time. It's about good food, good people, good atmosphere, and then they leave and take everything with them."

Dîner en Blanc began in 1988, and has since spread from France to more than 15 countries. Four years ago, Montreal became the first North American city to host one, and this month Toronto and Quebec City will also host Dîners of their own.

Villeneuve didn't offer any hints about where Vancouver's will be held, other than to say it will be in a beautiful spot.

"In Paris, they've done it on the Champs-Élysées, where it started — there's 15,000 people that go every year in Paris — they've done it in front of the Louvre museum, they've done it in front of the Eiffel Tower, in front of Notre Dame, all these iconic locations," he said.

"Taking after Paris, I really wanted to have people look at the photos from the global website and go, 'Wow. That's Vancouver.'"

Tickets, which must be bought in twos, work out to $30 each once all fees are accounted for. Buyers have the option of bringing their own entrees or adding on a gourmet meal cooked on-site by Top Chef Canada winner Dale MacKay, for $40 to $50. Wine must be bought online and in advance with tickets.

For details and tickets, go to dinerenblanc.info.

Bon appétit!

Teens trading sex for drugs and booze often live at home: UBC study

A University of B.C. study suggests teenagers are trading sex for drugs and alcohol at a low but steady rate, yet the vast majority attend school and live at home with their parents.

The study focuses on identifying sexual exploitation and the harms associated with unhealthy sexual relationships.

It examined students in Grades 7 to 12 from 28 schools in the East Kootenays region of eastern B.C., but its author says the findings are in line with studies conducted in Quebec, the U.S. and Norway.

Elizabeth Saewyc says the UBC study found just over two per cent of teens who have tried alcohol, marijuana or other drugs have also traded sex for those substances.

She says the research shows that the kind of relationship students had with their parents had an impact on whether they were likely to engage in the unhealthy exchange.

Saewyc says parents who talk to their teens about good romantic relationships can have a positive influence on their children's decisions.

THE CANADIAN PRESS

MEMBERS GET

iPhone 4S WITH BENEFITS.

Get iPhone 4S with no term contracts. Plus, get Exclusive Member Benefits like deals from fashion retailers, free movie screenings and V.I.P. access to concerts.

DEMAND THE VIRGIN MOBILE SUPERTAB™ virginmobile.ca/super

iPhone

$159.99

Virgin mobile

IT'S BETTER TO BE A MEMBER

virginmobile.ca/lounge

Virgin mobile · THE SOURCE · FUTURE SHOP · Visions Electronics · WIRELESSWAVE · BEST BUY · BEST BUY mobile · booth wireless · THE MOBILE SHOP Exclusively where President's Choice® products are sold.

Limited time offer. One-time activation fee ($35) may apply to each line. Taxes extra. 911 monthly fees apply in NB (53¢), NS (43¢), PEI (50¢), SK (62¢) and QC (40¢). iPhone pricing available with new activation on a 3-year term or Virgin Mobile SuperTab™ with a smartphone plan. Subject to change without notice and cannot be combined with other offers, unless otherwise indicated. See virginmobile.ca for details and restrictions. Member Benefits subject to change/cancellation at any time without notice. Some phone models and colours may not be available at retailers. TM and © 2012 Apple Inc. All rights reserved. Price shown above applies to the 4S 16GB. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners.

City street dancers to hit pavement

Showcase. Vancouver's first free street dance festival will feature battles and classes

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

It's time to bring out your dancing shoes.

Vancouver's first free outdoor street dance festival is grooving its way Saturday at Robson Square, with organizers hoping to introduce and celebrate the local street dance culture.

Boris Khramtsov, a member of VanCity Lockers, said he and his friend Jessey Kwong, of popping crew Groovy Gentlemen, came up with the idea to educate and involve the audience as well as showcase the city's most talented street dancers.

Behind the scene

"Our main point is just to show Vancouver what we do and that there's this beautiful part of Vancouver that exists that most Vancouverites know nothing about."

Boris Khramtsov, VanCity Lockers member, on street dance culture in Vancouver.

He said breakers, hip-hoppers, poppers, waackers and lockers flock to Robson Square to gather and practice and he's seen the local street dance culture grow in the last four years.

"We're talking about how it's strange that a lot of people outside of Vancouver know about Robson Square and the street dance culture here," Khramtsov said.

"Our main point is just to show Vancouver what we do and that there's this beautiful part of Vancouver that exists that most Vancouverites know nothing about."

Khramtsov said he hopes that the inaugural festival will result in similar events in the future to give Vancouverites more opportunities to stumble across street dance.

The "ultimate block party" will feature free dance classes, live freestyle dance battles, and musical performances by local up-and-comers The Star Captains and Omar Khan.

The festival runs from 2 to 7 p.m. at Robson Square.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Volunteer Corps

Vancouver seeks volunteer spirit

The City of Vancouver has launched a program to recruit volunteers for major civic events and emergencies such as an earthquake.

Mayor Gregor Robertson says he's hoping the Vancouver Volunteer Corps will build on the spirit of volunteerism that was so evident during the 2010 Olympics. The idea of an ongoing volunteer group was recommended in the independent review of last year's Stanley Cup riot.

Members of the Vancouver Volunteer Corps would be trained to help in major public events such as the annual Celebration of Light festival. **THE CANADIAN PRESS**

Wilson's Landing

Hillside fire now doused: Officials

A forestry official says a wildfire on the western hillside above Okanagan Lake is now fully contained.

Michaela Swan says the evacuation alert that went into effect Monday for 70 properties has been lifted after a crew doused the blaze. The lightning-caused fire near Wilson's Landing began last weekend and grew to 30 hectares.

It charred about 27 hectares and burned to within a kilometre of homes north of West Kelowna.

The fire also temporarily cut access to Westside Road, the only direct route between West Kelowna and Vernon. **THE CANADIAN PRESS**

A morning receipt for an afternoon treat.

Just $2 Plus tax
July 30 – August 26

Keep this morning's receipt and return after 1pm to enjoy a $2† Grande Cold Beverage that is made just for you.

starbucks.ca/treatreceipt

† Plus tax. Save your morning Starbucks receipt (prior to 12:59pm), bring it back the same day after 1:00pm to a participating store and get any handcrafted Grande (473 ml) cold drink (Frappuccino® blended beverages, Starbucks Refreshers™ beverages, Iced Tea, Iced Coffee, Smoothies) for $2.00 plus tax. Offer valid 7/30/12–8/26/12. Not valid with other offers or discounts. Not valid if transferred, copied or reproduced.
©2012 Starbucks Coffee Company. All rights reserved.

As graceful as a swan

A swan rests close to the shore of the Fraser River as a fishing boat loaded with crab traps heads out to the Strait of Georgia in Richmond on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Number of female physicists growing

Making an impact. 15 female scientists to speak at UBC's second annual Women in Physics conference

SUZANNE MA
vancouver@metronews.ca

When it comes to physics, it's a man's world.

The discrepancy begins as early as high school, where there are far fewer women than men enrolled in high school physics classes across Canada. The male-female imbalance continues to worsen through university and in all career stages.

"Girls are looking for opportunities to make a difference. What we don't communicate well about fields like physics and engineering, is that these are careers where you can have a great impact," said Elizabeth Croft, a professor of mechanical engineering at UBC and an expert in the field of robotics.

Croft is one of 15 female scientists invited to speak at UBC's second annual Women in Physics conference this week. More than 115 people are expected to attend, many of them young women enrolled in university-level science programs.

Conference organizers say they want to encourage and support young women who may have an interest in pursuing careers in physics and other sciences.

Anne Broadbent's interest in science actually began in high school, but the postdoctoral fellow at the Institute for Quantum Computing at the University of Waterloo agrees that such a career can be isolating for many women.

Elizabeth Croft, a professor of mechanical engineering at UBC, poses with Charlie, a PR2 robot that can navigate indoors at walking speed, lift 10 kilogram loads in each hand and reach up to a two-metre high shelf. COURTESY OF MARTIN DEE/UBC

"This conference is really to tell other young women that they're not alone," said Broadbent, who was surrounded by male classmates as she completed degrees at the University of Waterloo and the University of Montreal. "We hope to give all the women out there a sense that they're part of a group and a community."

The community of women scientists is growing, said Anadi Canepa, a research scientist at the National Laboratory for Particle and Nuclear Physics who is working at the Large Hadron Collider in Geneva, Switzerland.

The Women in Physics conference kicks off Thursday at the Irving K. Barber Learning Centre.

Social media

B.C. courts open doors to tweeting

B.C. courtrooms will no longer be tweet-free zones, after a decision to allow some limited use of electronic communication devices in the public gallery during trials.

But it won't be a tweet-for-all. Just lawyers and accredited members of the media will be allowed to text during trials at the Supreme and Provincial courts. Members of the public will only be allowed to do so from the galleries of the B.C. Court of Appeal.

A statement issued by the courts says the new rules reflect the importance of social media and its influence in modern times.

THE CANADIAN PRESS

Arrests. Grenade launcher seized from Nanaimo hotel

A grenade launcher was seized by Mounties during a raid Wednesday morning at a Nanaimo motel.

A 28-year-old man and two women, aged 29 and 32, were arrested after members of the emergency response team entered a room around 10 a.m. after investigators learned that guests at the motel were possibly armed.

One of the women was arrested at the scene, while the man and the second woman were arrested at a different location shortly afterwards.

The grenade launcher, which can be attached to the barrel of a rifle, was the only weapon found in the motel room. Investigators are now trying to determine whether the weapon was stolen. METRO

A grenade launcher seized from a motel in Nanaimo. SUBMITTED/RCMP

Kudos. Metro, Star proud of Pan Am Games mission

Metro News and Star Media Group are proud to announce we have been named as the official Print and Online Media Supplier for the 2015 Pan American and Parapan American Games in Toronto.

"We are excited about this remarkable opportunity," said Metro English Canada President Bill McDonald.

"And we're looking forward to providing Metro readers with the Games highlights, features, personality profiles and more — delivered with the urban attitude our readers expect."

Toronto Star Publisher and Star Media Group President John Cruickshank said: "Our goal is to provide Canadians from coast to coast with comprehensive, balanced news and in-depth information about the Games through the Toronto Star and our Metro newspapers in Toronto, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, London, Ottawa and Halifax."

The Pan American Games, one of the world's largest multi-sport events, is held every four years for athletes of the Pan American Sports Organization's 41 member states.

Featuring 48 sports, including all Olympic Summer Games events, the Games will draw more than 10,000 athletes and officials to Toronto and the Greater Golden Horseshoe area.

The 2015 Games will run from July 10–26, followed by the Parapan American Games on Aug. 7–14. For more information, visit Toronto2015.org. METRO

Pan Am flashback: Canada's hoop and ribbon team rejoice after winning a silver medal at the 2011 Games in Mexico. NATHAN DENETTE/THE CANADIAN PRESS

Needle found

Needle in food jolts Air Canada

A "full investigation" is underway at Air Canada after a passenger found what appeared to be a sewing needle in a catered sandwich aboard a flight from Victoria to Toronto.

Airline spokesperson Peter Fitzpatrick says Air Canada is working closely with its caterers to ensure heightened security measures are in place.

Meanwhile, a spokesperson for Dutch police investigating how needles got into six turkey sandwiches on Delta Air Lines flights from Amsterdam to U.S. cities last month says it's too early to tell whether there's any connection with the Air Canada incident. THE CANADIAN PRESS

Women's 'hairy legs' add kick to a lawsuit

G20 case. Group sues police for $1.4 million, alleging sex-based discrimination, false arrest, battery — and profiling by officer

Eric Collins, left, who is not part of the lawsuit, shows Alicia Ridge, middle, sister Devon Ridge and Brian Jeffrey a copy of Metro Toronto with the story of the lawsuit. RICK MADONIK/TORSTAR NEWS SERVICE

A woman suing Toronto police over her arrest during the G20 summit two years ago said it's not just about "hairy legs" — a description applied to female protesters by the arresting officer.

It's more about sex-based discrimination, said Alicia Ridge, 27.

Ridge is part of a group of seven people from Hamilton, Ont., who sued Toronto police for $1.4 million Wednesday over their arrests during the 2010 summit, claiming false arrest, battery and malicious prosecution.

The women in the group claim they were profiled by an officer who wrote in his arrest notes that all the women had hairy legs — something he said he associated with G20 protesters.

Ridge, who is a nurse and studying to become a midwife, and also volunteers with a sexual assault centre, said the lawsuit was prompted by allegations beyond the "hairy legs" comment.

"My arresting officer, who was male, decided to do an initial search of my body, which was just basically running his hand up the side of my leg and grabbing my ass, along with sexualized comments and comments that were put out there to create fear," Ridge said Wednesday after serving the lawsuit at police headquarters.

None of the claims has been proven or tested in court. The Toronto Police Services Board was not immediately available to comment on the lawsuit.

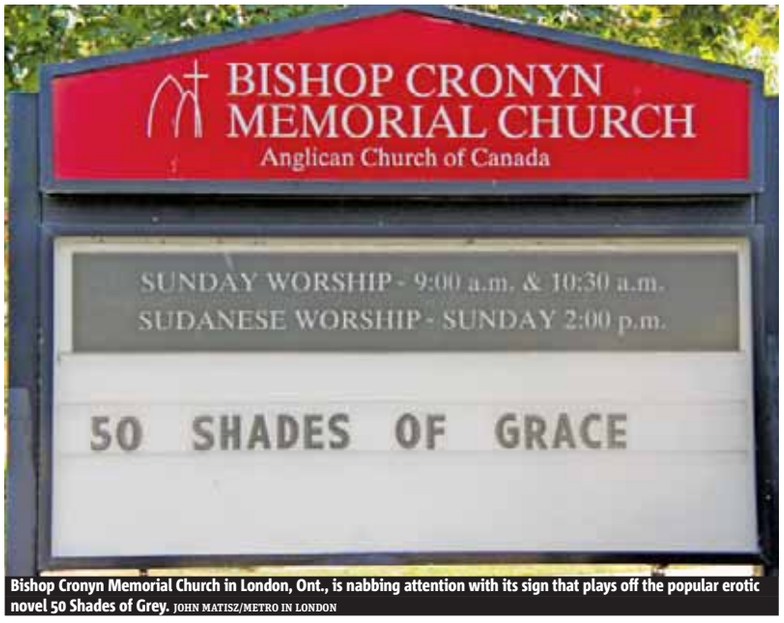
The group alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a pizza parlour. THE CANADIAN PRESS

How to spot a protester : Officer explains

A provincial police watchdog, the Ontario Independent Police Review Director, investigated and found the complaint "substantiated."

- **The officer.** The watchdog's report found Const. James Ure wrote that "all parties appear to be protesters ... and females all have hairy legs."
- **His arrest notes.** The officer told investigators he jotted down the "hairy legs" note as a general observation, calling unshaven female legs "one indicator that I associated with protesters down at the G20 that weekend."
- **The police.** A police spokesperson was not immediately able to say whether any action had been taken against the officer.

STANDARD.
AUTOMATIC.
bounce
bounce
DRYER BAR
4
MONTHS
Like taking control with sheets? Or want to kick back and let the dryer bar give you automatic Bounce freshness for about 4 months* at a time? Whichever type you are, you'll be the type of person who has awesomely fresh laundry every time.
HOW DO YOU GET YOUR BOUNCE?
Learn more at facebook.com/bounce


BISHOP CRONYN
MEMORIAL CHURCH
Anglican Church of Canada
SUNDAY WORSHIP - 9:00 a.m. & 10:30 a.m.
SUDANESE WORSHIP - SUNDAY 2:00 p.m.
50 SHADES OF GRACE

Bishop Cronyn Memorial Church in London, Ont., is nabbing attention with its sign that plays off the popular erotic novel 50 Shades of Grey. JOHN MATISZ/METRO IN LONDON

A novel way to fill the pews

London, Ont. Church plays off popularity of 50 Shades of Grey

A church marquee is turning heads in London, Ont., with a reference to the popular erotic novel 50 Shades of Grey.

For the past week, the sign outside Bishop Cronyn Memorial Church has read "50 shades of grace" — a play on the title of E.L. James' breakthrough book.

"The intention is that as the book talks about intimate relationships with an unusual twist, so the sign talks about an intimate relationship with God that has a twist," said Rev. Raemond Fletcher, who got the idea for the sign from a fellow Anglican priest in town. "God's grace is not only of one shade."

Fletcher said he hoped the sign would also send a message that the church is not out of touch.

"The church, or at least some churches, are not afraid to recognize that sexuality plays a significant role in modern society, but that it should not be a matter of grey areas but of grace."

JULIAN UZIELLI/METRO IN LONDON

Backlash? What backlash?

- An allusion to a sexually graphic book on the sign of a church is the last thing many would expect to see. However, Fletcher said there haven't been any complaints, and he wasn't worried.
- "Its popularity probably comes from making the once-secret an upfront thing," he said. "Have you read the Bible lately? Very sexually explicit at times."

Nova Scotia. Defective ride injures 4

Four people went to hospital Tuesday after a popular ride at the Western Nova Scotia Exhibition malfunctioned in Yarmouth.

RCMP say metal pieces connected to a seat on a ride called The Scrambler came loose.

Corp. Jen Clarke says pieces struck two children on another seat and the ride then stopped abruptly.

Police say two young children were transported by ambulance to the Yarmouth Hospital as a precaution.

A woman and a 10-year-old boy who were in the broken seat were taken by family members to the hospital later on.

All four of the people who went to hospital were treated for minor injuries and released.

The Elevators and Lifts division of the Nova Scotia Department of Labour will be investigating. THE CANADIAN PRESS

Save big on furniture so your kid can afford to party. Um, we mean, to study.
Go back to school with IKEA.
Visit IKEA.ca for store locations and hours. Or to shop from home, visit our website or call 1-866-866-IKEA
IKEA

© Inter IKEA Systems B.V. 2012.

Belarusian generals ousted after teddy-bear air invasion

Human-rights stunt.
Swedes risked being shot down delivering messages to people of authoritarian country

It's probably the first time in history that teddy bears have defeated generals.

Belarus' authoritarian President Alexander Lukashenko has sacked two of the nation's top defence officials after two Swedish advertising agency employees piloted a light plane into the country's heavily guarded airspace, dropping 879 teddy bears decked out in parachutes and slogans supporting human rights.

Officials in the ex-Soviet state denied the July 4 incident until Lukashenko called a meeting last week to scold authorities for allowing such a "provocation."

The Belarusian ruler, nicknamed "Europe's last dictator," on Tuesday fired the nation's air defence chief and the head of the Border Guards service, and reprimanded several other top security officials, his office said Wednesday.

Thomas Mazetti and Hannah Frey, the two Swedes behind the stunt, said they wanted to show support for Belarusian human-rights activists and embarrass the country's military — a pillar of Lukashenko's power.

The Swedes' year-long preparations involved learning how to pilot the three-seater Jodel aircraft and purchasing the plane. They financed the $184,500 US cost of the stunt working in a small advertising agency. THE ASSOCIATED PRESS

Thomas Mazetti and Hannah Frey of Sweden show a teddy bear on a parachute as they pose for a photo in Berlin on Wednesday. The slogan on the note affixed to the bear reads: "We support the Belarusian struggle for free speech." GERO BRELOER/THE ASSOCIATED PRESS

Murder highlights concerns for women's safety

Palestinians hold Arabic signs on Wednesday that read, "Protecting women from violence is an official and social responsibility," right, and "Shame on us, we Palestinians for killing our women." MAJDI MOHAMMED/THE ASSOCIATED PRESS

The brutal killing of a battered wife in front of horrified witnesses in an open-air Bethlehem market prompted angry accusations Wednesday that Palestinian police and courts ignore violence against women.

Nancy Zaboun, a 27-year-old mother of three, had her throat slashed Monday after seeking a divorce from her abusive husband of 10 years. The husband was arrested at the scene and is the prime suspect, West Bank officials said.

The case reverberated across Palestinian society because of the brutality of the attack. However, violence against women continues to be tolerated — similar to attitudes in other parts of the Arab world — and women's rights activists say abusive husbands are rarely punished.

Zaboun was regularly beaten by her husband, 32-year-old Shadi Abedallah, at times so severely that she had to be hospitalized, said Khaula al-Azraq, who runs a West Bank counselling centre where Zaboun sought help.

Even so, Abedallah was never arrested. Police only made him sign pledges he would stop hitting his wife, said al-Azraq.

Zaboun was killed after attending a hearing in her divorce case.
THE ASSOCIATED PRESS

Cracking down

- Last year, Palestinian president Mahmoud Abbas signed a decree ending the practice of treating killings within a family with leniency.
- Zaboun's husband could face life in prison if convicted.

RBC Royal Bank

Join millions of newcomers with the RBC advantage...

Get a credit card with no credit history required[1]

Start building your credit history today

Plus, no monthly fee on banking for 6 months[2]

No annual fee

Visit an RBC® branch, rbc.com/vancouvermetro or call 1-866-881-4757 today.

Advice you can bank on™

[1] A security deposit may be required. Secured RBC Royal Bank® credit card is subject to meeting Royal Bank of Canada's eligibility criteria. Unsecured RBC Royal Bank credit card is subject to meeting Royal Bank of Canada's eligibility and credit criteria. Eligible credit cards include: RBC Cash Back MasterCard‡, RBC Rewards® Visa‡ Gold, Signature® RBC Rewards Visa, RBC® Visa Cash Back, RBC Royal Bank Visa Platinum Avion®, and WestJet‡ RBC MasterCard. [2] Monthly fee will be waived for the first 6 months upon account opening. Monthly fee is $14.95. Other account transaction fees may apply. Applies to the RBC Signature No Limit Banking® account only. Available only to newcomers to Canada who have arrived in Canada within the last year and who show proof of permanent resident status. Also available to newcomers to Canada that have arrived between 1 – 3 years when clients switch their account from another financial institution using CustomSwitch®. Other conditions apply. See branch for details. This offer may be withdrawn at any time and is subject to change without notice. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s). 26995 (05/2012)

"With my previous provider I didn't have unlimited anything. And now, I have unlimited everything. It's great."

BRANDY P.
From Calgary, WIND Customer since January 2012

THAT'S THE POWER OF WIND™

WHY PUT A LIMIT ON UNLIMITED?

That's what we're thinking. At WIND Mobile our unlimited plans really are unlimited. Join and get unlimited data, Canada-wide text and local talk, from anywhere on our network, for only $29 a month. Plus all of our plans include caller ID.

Join by September 30th

$29 per month

Offer won't last.

UNLIMITED
DATA + TEXT + LOCAL TALK

From anywhere on our network. Includes caller ID.

SAMSUNG Galaxy S III™

Learn more at WINDmobile.ca

Offer valid from Aug 2nd until Sept 30th or prior notice of termination on WINDmobile.ca. To be eligible for this promotion, an existing or prospective customer must activate a new line in person at a WIND retail store with WIND's $29 per month Unlimited DATA + TEXT + LOCAL TALK plan during the Promotion Period. This monthly plan will continue to be provided to you at $29 per month as long as i) this plan is offered by WIND; ii) you stay on this plan without interruption; iii) you are continuously a WIND Mobile subscriber; and iv) you maintain your account with WIND in good financial standing. This promotion is available to Pay Before and Pay After customers; is eligible for a WINDtab up to $200; and is eligible for Better Together Savings. This promotion is available at WIND retail locations only and is not available through WIND customer care or online. This offer cannot be combined with any other offer. Under certain limited conditions, existing WIND customers may also be eligible for this plan if they migrate their number – see WINDmobile.ca for details. All services subject to WIND's terms of service, fair usage policy and internet traffic management policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. WIND, WINDtab and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile. *Mobile Republic retail locations. **Money Mart retail locations. †Cellular Baby retail locations.

PARTICIPATING WIND STORES

ALBERTA

CALGARY
1013 17th Avenue SW
1601 Centre Street NW
233 Centre Street SW
3525 26th Avenue SE
4420 17th Avenue SE
5120 47th Street NE
627 1st Avenue NE
6404 Bowness Road NW**
8180 11 Street SE**
Chinook Centre
Deerfoot Mall
Kensington Village
Market Mall
Marlborough Mall
Pacific Place Mall
Southland Crossing
Sunridge Mall
Westbrook Mall

EDMONTON
10122 149th Street NW
2714 48th Street NW
9303 34th Avenue NW
11741 95 Street NW
10756 Jasper Avenue NW**
10024 82 Avenue NW**
Abbotsfield Mall
Bonnie Doon Mall
Edmonton City Centre
Edmonton City Centre West
Kingsway Mall
Millwoods Shopping Centre
Northgate Centre
West Edmonton Mall
Westmount Mall
Londonderry Mall

ST. ALBERT
St. Albert Centre

BRITISH COLUMBIA

ABBOTSFORD
Seven Oaks Mall

BURNABY
4206 Hastings Street**
4501 North Road
4700 Kingsway†
Crystal Mall
Metropolis at Metrotown
Metropolis at Metrotown†

COQUITLAM
Coquitlam Centre

DELTA
9255 Scott Road

LANGLEY
Willowbrook Mall

NEW WESTMINSTER
Plaza 88
Queensborough Landing
948 12th Street

NORTH VANCOUVER
146 3rd Street West**
935 Marine Drive†
Capilano Mall†

RICHMOND
Parker Place Mall*
6551 No. 3 Road†
Lansdowne Mall
Richmond Centre Mall†

SURREY
8334 128th Street
Central City Mall
Guildford Town Centre

VANCOUVER
1139-88 West Pender
116 Davie Street
1160 Davie Street†
1191 Robson Street†
1238 Robson Street*
1251 Kingsway
2228 West 4th Avenue
2595 Commercial Drive**
2723 East Hastings Street
3149 Kingsway
500 West Broadway
City Square†
6446 Fraser Street
665 Robson Street†
779 Thurlow Street
807 Hornby Street*
Kingsgate Mall
8415 Granville Street

CBC wins back rights to Olympics

Bid approved. Sochi, Rio Games will be back in the hands of the public broadcaster after it lost out to CTV in recent years

CBC executive Kirstine Stewart
TORSTAR NEWS SERVICE

The Olympic Games will return to CBC in two years for the Winter Games in Sochi, Russia and again in 2016 for the Summer Games in Rio de Janeiro, the International Olympic Committee announced Wednesday.

The decision puts the massive sports spectacle back in the hands of the public broadcaster, which last aired the Summer Games in 2008 from Beijing. Before that, CBC had aired 19 different Olympics over almost 60 years in Canada.

CBC executive Kirstine Stewart said a long-established Olympic track record helped it nab the rights after two joint proposals with Bell Media were rejected by the IOC.

Those pitches were said to have fallen apart over money, but Stewart vowed CBC's solo bid would not further cut into the public broadcaster's hefty budget woes.

"We actually made sure that this was, based on our prior experience, a cost-neutral proposal," said Stewart, predicting broad coverage on CBC, SRC and multiple digital platforms.

The announcement comes a month after CBC and Bell Media announced they would no longer pursue the Games together. THE CANADIAN PRESS

The Fed points to a slowing U.S. economy

Trader Bobby Finnerty calls to a colleague on the floor of the New York Stock Exchange on Wednesday. Stating that the United States economy is slowing and that more action could be needed, the Federal Reserve decided to keep interest rates unchanged at near zero. In a statement released after a two-day meeting, the Fed acknowledged that economic activity had slowed over the first half of the year. It also said unemployment remains elevated and consumer spending is rising at a somewhat slower pace. RICHARD DREW/THE ASSOCIATED PRESS

Rising grain prices

Get ready to fork out more for food

Grocery shoppers may need to dig deeper into their pockets as drought conditions inflate food prices well into next year and maybe beyond, Maple Leaf Foods president and CEO Michael McCain warned Wednesday. Consumers likely won't see higher prices for its products until year-end, McCain said. THE CANADIAN PRESS

Market Minute

DOLLAR 99.48¢ US (-0.23¢)

TSX 11,618.53 (-46.18)

OIL $88.91 US (+85¢)

GOLD $1,603.70 US (-$6.80)

Natural gas: $3.171 US (-3.8¢)
Dow Jones: 12,976.13 (-32.55)

THOMPSON RIVERS UNIVERSITY
KAMLOOPS, BC
TRU.CA
CREATE YOUR OWN EXPERIENCE.
Are you a Canadian or International Student planning to attend a University this fall?
TRU is still accepting applications!
Apply today www.tru.ca/applynow
For more information call: 1•888•522•4822

Premium seats

WestJet offering more leg room

WestJet passengers willing to pay more for extra leg room will be able to fly "premium economy" in four rows — but some non-premium customers might notice a little less space in the other seats.

Aiming its premium seats at business travellers with an eye on revenue growth, WestJet will increase the distance between the back of the seat and the one behind it to 36 inches in four rows of its planes across its fleet.

But that also means the rest of the seats will be reconfigured to 31 to 32 inches of leg room, a move WestJet says will bring it "in line with North American competitors." THE CANADIAN PRESS

Cigarette challenge

A U.S. judge says a lawsuit by two tobacco companies can go ahead.
THE ASSOCIATED PRESS

Judge OKs tobacco suit against FDA

A U.S. judge has ruled that a challenge by cigarette makers Lorillard Inc. and R.J. Reynolds Tobacco Co., alleging conflicts of interest in the Food and Drug Administration advisory panel's review of tobacco products, can now move forward. THE ASSOCIATED PRESS

EVER FOREX
Offices in Vancouver, Burnaby, Richmond & Surrey
• Foreign Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USA, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGZ, ZAR

WHAT MAY SEEM FOREIGN TO YOU IS REALLY JUST NICKELBACK

HE SAYS...
John Mazerolle
metronews.ca/hesays

I never worry when I go on long trips, because I know my father will do the worrying for me.

As my upcoming camping trip to Scandinavia approaches, I can be assured of such nuggets of wisdom as "It will be cold/expensive/non-English there, you know."

These things aren't said with any xenophobia on Dad's part. It's more a presumption that I'm an idiot — which is fair.

My father, after all, spent a good portion of his life watching me putting shirts on inside out, placing metal-rimmed objects in the microwave and leaving ice cream out to melt, and that was just my 20s.

It doesn't help that the first time I ever went on a big solo trip — a cross-Canada train journey — I spent the final five minutes before departure reassuring Dad I'd be fine, then marched out of the station with conviction. Without a train ticket, but with conviction.

Here, then, are my travel tips to help put Dad's mind at ease while simultaneously enlightening my readers. Also to fill the space between the ads and pick up a paycheque. You're welcome.

- Don't get so caught up in overseas preparations that you forget to **tie up loose ends here**. I've been pre-spoiling food and killing my plants so that I don't have to worry when I'm gone.
- If your **passport** is blank, be sure to write in a few countries yourself so you don't seem lame.
- **Burglars** want inside your home while you're gone, so make sure the interior helps you come off well. Leave what appear to be the notes of an epic, unfinished manuscript on a table, or write a complicated-looking mathematical formula on the wall. If you're worried about **security**, a cardboard silhouette "pacing in the window" on a model train set has never failed anybody.
- If you have **children**, remember to leave them at home.
- Carry some **emergency cash** in a "neck wallet" under your clothes. This works because no criminal has ever seen one before and won't think to take the big pouch on your torso that appears to be filled with money.
- Take things slow and befriend the locals. You can't get to know a country by just whipping through it without stopping for breath. I prefer to understand how a place's previous decades and even centuries of history has impacted the current psyche of the people in a time of economic uncertainty, and that takes three days.
- Many people are intimidated by new places, but be confident and remember that millions of people already live in the country you're heading to, and they survive despite rampant idiocy, which is a worldwide condition. A good friend of mine visited me once when I was living in Vienna and — in his first exposure to centuries-old Austrian culture — saw a bar full of drunks belt out Nickelback tunes. If those people can survive, so can you.
- Finally, call your Dad. Better yet, call my Dad. It might help him relax.

If you're not a good traveller, at least look good while you're doing it. ISTOCK

Hang on, the mayor's stuck

Losing momentum

Politician left hanging on a wire

A publicity stunt at a public viewing area for the Olympic Games went awry on Wednesday, leaving London Mayor Boris Johnson stranded some five metres off the ground.

Johnson was left dangling in midair above the crowds at east London's Victoria Park — clutching his Union Jacks — for roughy five minutes before rescuers came to help him down.

THE ASSOCIATED PRESS

Proud moment

"If any other politician anywhere in the world was stuck on a zip wire it would be a disaster. For Boris, it's an absolute triumph."

U.K. Prime Minister David Cameron

Flying high

No gold-medal finish for Boris

Staff at the park eventually pulled him to safety with a rope.

"Fortunately, the mayor survived his first zip wire experience," a statement from his office said.

"Clearly the judges are likely to mark him down for artistic interpretation, and unlike Team G.B., he won't be bagging any gold medals today but he remains unbowed," it added. THE ASSOCIATED PRESS

LEE MEDCALF/THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you holding off on buying a new phone in anticipation of the iPhone 5?

Twitter

@Gambo620: Coyotes Captain Shane Doan is in Vancouver meeting with the Canucks

@PhilHayYEP: Andy O'B departs #lufc to join Vancouver. Sure a fresh start will do him good and from #lufc's perspective, a high earner off the wage bill

@Thomkirwin: #lufc confirm Andy O'Brien has left the club and joined Vancouver Whitecaps

@SeanBickerton: @VancouverPride largest Vancouver event, biggest parade western CDA. Shdn't hv to pay for police, sanitation when Canucks & Grey Cup don't

@ChairmanAeon: @danudey I'm just going to put this out there: Vancouver needs more bikini weather.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson
• **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca
• **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

SCENE 2

Harmony takes over on West Van waterfront

Harmony Arts Festival. Highlights to include a Tina Turner tribute act, acclaimed darlings Acres of Lions and much, much more

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

West Vancouver is many things to many people. For me, it used to be a hangout. These days, it's the place with nice houses that I drive through to get to Whistler.

Yes, my days of ambling along Ambleside are long gone, but it just might be time for a return visit: For the next 10 days, West Van's waterfront will be decidedly more musical.

It's the 22nd annual Harmony Arts Festival, and that means more than 70 concerts, visual arts events and outdoor films in the neighbourhood.

Here are just a few highlights from the nightly BA Blacktop Sunset Concert Series at John Lawson Park. All shows start at 7:30 p.m.

Luisa Marshall's Tina Turner Tribute (Friday):
I recently attended a birthday party for one of Marshall's backup dancers and I can tell you they're a hoot to watch. And know that I don't use the term "hoot" lightly.

Santa Lucia (Saturday):
Do you like Latin funk? If so, pull on some polyester and check out this seven-piece act that blends said funk with a bit of rock and a little roll. And, hey, I was just kidding about the polyester. You will be too hot.

Acres of Lions (Sunday):
Music B.C. says this group is one of the top 20 bands in the province — and who am I to argue?

And...
There's also an Art Market running this weekend on Argyle Avenue along the waterfront, featuring more than 80 artists and artisans from B.C., the Maritimes, Ontario and the U.S. Look for pottery, jewelry, fashion, paintings and more.

Cinema in the Park lights up the night this weekend and next at John Lawson Park (9 p.m. Friday and Saturday). This year's feature films: Woody Allen's Midnight in Paris; 500 Days of Summer; Sherlock Holmes: A Game of Shadows; and Billy Elliot.

There's lots of kids' stuff too: KinderTunes, Bobs & LoLo, Chris Hamilton, and Collingwood School Creative Kids' Day at John Lawson Park, which will feature a visual arts imagination station, a community art project, face painting, concerts and more.

For a full list of events, visit harmonyarts.ca

Curbside

The Mark Sager Foundation for the Arts presents Curbside, an urban intervention celebrating the North Shore's unique arts culture.

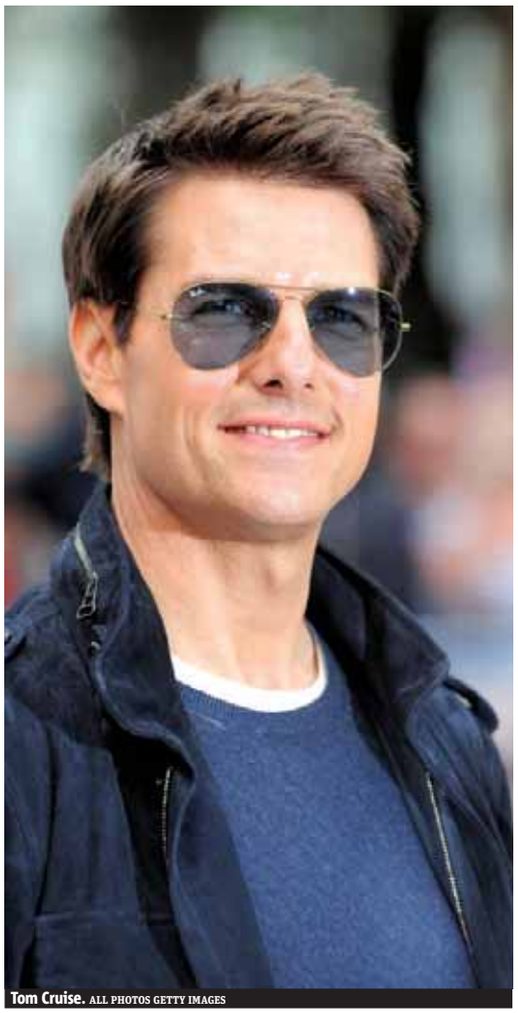
- Curbside re-imagines transit ad spaces, promoting evolving and established artists. The project runs July 19 to Aug. 12.

Acres of Lions, which Music B.C. ranks as one of the top 20 bands in the province, will be among the performers at the 22nd Harmony Arts Festival in West Vancouver. SUBMITTED

On the Web

The Who fans disappointed by '79 show cancellation trade in tickets for concert 33 years later

TOM LEE Music
OPEN 7 DAYS
VANCOUVER : 929 Granville St. (604)685-8471
Canada Line - City Centre | Expo Line - Granville
RICHMOND : 3631 No.3 Road (604)273-6661
Canada Line - Aberdeen
COQUITLAM (604)941-8447 SURREY (604)588-3200
NORTH VAN. (604)988-9974 LANGLEY (604)532-8303
ABBOTSFORD (604)854-3338
VICTORIA (250)383-5222 NANAIMO (250)390-2626
www.tomleemusic.ca
*Offer valid through Aug 1st to Aug 31st, 2012. Qualifying Bonus amount is based on purchase total before taxes. Coupon is good for one time use only . Does not apply to Sale or Clearance Items and cannot be combined with any other offers, coupons or discounts. Not valid for cash or cash equivalent. Some manufacturers have chosen not to participate in this promotion; they may be found at http://www.tomleemusic.ca/couponexclusions
Bonus
☑ Reeds
☑ Mouthpieces
☑ Picks
☑ Strings
☑ Cables
☑ Books
☑ Music Stands
☑ Gifts
☑ Tuners
☑ Headphones
☑ & more...
BACK TO SCHOOL BONUS DAYS
BACK TO SCHOOL BONUS $25*
Free Accessories on $249 - $498
BACKTOSCHOOL25
BACK TO SCHOOL BONUS $50*
Free Accessories on $499 - $748
BACKTOSCHOOL50
BACK TO SCHOOL BONUS $75*
Free Accessories on $749 - $998
BACKTOSCHOOL75
BACK TO SCHOOL BONUS $100*
Free Accessories on $999 or more
BACKTOSCHOOL100
SHOP EARLY & SAVE!
$25 - $100 FREE ACCESSORIES WITH PURCHASE



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise whisks Suri off to Disney World

Tom Cruise is pulling out all the stops for his time with daughter Suri in the wake of his divorce from Katie Holmes — and he's not above a trip to the Magic Kingdom.

Cruise headed to Walt Disney World with his daughter and other family members this week, with the six-year-old dressed up as a mermaid.

"Suri looked like she was in heaven," another park-goer tells People magazine. "It was really cute. She was walking around like she owned the place, having the time of her life, and Tom — who looked really handsome — was talking to her, was really engaging with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pattinson staying at Witherspoon's ranch

THE WORD
Monica Weymouth
scene@metronews.ca

Loyal Word readers may have noticed that Robert Pattinson and Kristen Stewart have been absent from our pages for two full days. But all good things, of course, must come to an end.

After moving out of the Los Angeles mansion they were sharing, Pattinson has surfaced at friend and Water for Elephants co-star Reese Witherspoon's super sweet California ranch, reports Us Weekly. Pattinson remains "inconsolable" about Stewart's affair with Rupert Sanders and is more than a "total mess" than usual, sources tell the magazine.

As for Kristen, she's found support with Panic Room co-star Jodie Foster.

"As soon as she heard the news, Jodie contacted Kristen," a source tells RadarOnline. "Jodie told Kristen to take no notice of the media bashing and said if she wanted to cry her heart out to her she's always available."

Unless Jodie Foster's got a Malibu beach house up her sleeve, we're going to have to hand this round to Pattinson.

Jessica Biel and Justin Timberlake

Jessica Biel enjoying being engaged

Jessica Biel and Justin Timberlake probably aren't getting married soon, if Biel's level of preparation for the big day is any indication. The actress says she's prepared "almost nothing" for her wedding.

"I'm just being engaged. I do feel like there is a lot of time and nothing needs to be rushed," she says, according to the Chicago Sun-Times. "Everyone tells me that being engaged is the really special moment — not that it gets bad when you're married."

Twitter

@EllenBarkin
To all u out there threatening me,I have no problem reading your childish age related insults,but threats on my life...no.Blocked & reported

@RealRonHoward
Back in the editing room after a complete and encouraging screening for a few friends and family last night

@MarthaPlimpton
That's it. I'm going on a total twitter blackout until the end of the Olympics. The spoilers are infuriating.

@russellcrowe
The Olympics opened already, wow , missed it, first time in a long time...I've been in the Icelandic bush...well, moss...Kleifarvatn...

SATURDAY, AUGUST 4 & SUNDAY, AUGUST 5

GET BOTH FREE

SHOPPERS DRUG MART® CARD

+

TIM HORTONS® TIM CARD®

WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING IN SHOPPERS DRUG MART*

Visit shoppersdrugmart.ca or the store nearest you for details. *Some conditions may apply.
Offer valid August 4 & August 5, 2012 only. Shoppers Drug Mart card is valid until August 26, 2012.

THE DOUBLE DOUBLE EVENT

SHOPPERS DRUG MART

LIFE 3

On the Web

Ukraine fashion show shines rare spotlight on the disabled.

A world-class wardrobe

Go for the glam.
2012's Olympic audience is seeing peak athletic performance paired with front-line fashion

How do you fashion-savvy readers feel about Canada's Olympic kits? MATT DUNHAM/THE ASSOCIATED PRESS

Who said sportswear can't be chic?

The athletes' parade during last week's opening ceremony might as well have been a catwalk show, with some of fashion's biggest names — Armani, Prada, Ralph Lauren, Stella McCartney — designing the team uniforms.

Many in the fashion industry are already calling this the most stylish Olympics ever.

The Italians must be some of the best-dressed athletes, scoring points with an understated monochrome kit in navy and white by Giorgio Armani, as well as waterproof blue designs for their sailing team by Prada.

Stella McCartney has worked with Adidas to design the sporting gear and Village wear (loungewear) for Britain's home team, though the outfits weren't on show Friday as athletes covered up in white and gold tracksuits. McCartney's gear takes inspiration from the iconic Union flag, but she said she deconstructed it to make it "more delicate and feminine."

Meanwhile, the American team may have gotten a barrage of bad press for its made in China Ralph Lauren uniforms, but the preppy designs were still some of the most stylish in the arena: clean-cut navy blazers, crisp white trousers, skirts, and shoes, accessorized with navy berets and blue, red and white striped scarves.

The Jamaican team is in the spotlight because of sprinter Usain Bolt, so it's fitting that it also got a boost in the fashion stakes this year.

Their kit, which feature the national colours as well as lightning-like prints, were designed by Cedella Marley, daughter of Bob Marley, for Puma.

Scouts honour: Ralph Lauren seemingly drew inspiration from those 'always prepared' club members of the past. MATT DUNHAM/THE ASSOCIATED PRESS

Other designers behind the Olympics this year include luxury label Hermes, which has designed riding jackets for the French equestrian team, and Salvatore Ferragamo, which designed the official uniform for the European republic of San Marino.

Some designers didn't get involved in the official Olympics gear, but used the games as an opportunity to cash in and promote their brands anyway.

Karl Lagerfeld, for example, launched an Olympic-themed womenswear collection called Team Karl at London department store Selfridge's — though he reportedly said he wouldn't tune in to watch the games. Meanwhile, high-street chain store H&M said it was launching two pop-up stores dedicated to selling sportswear in London.

THE ASSOCIATED PRESS

A low score for style?

Friday's athletes parade also showcased some surprising and less popular designs.

- The German team was notable for not using their national colours at all — instead, the kit was all hot pink for the women's jackets, and cornflower blue for the men; both were paired with white trousers.
- The Czechs, meanwhile, wore bright blue wellington rain boots paired with white shorts.
- Some Spanish athletes have posted tweets grumbling about their garish red and gold outfits, and there are even Spanish Facebook groups set up to campaign against the gear.

Pool cool

Beauty in a bathing suit

Natalie Coughlin has been in the pool as long as she can remember, building the muscles and learning the discipline that would lead her to 12 Olympic medals. Many of the same things that help in her training also help her beauty routine.

"Eating well and taking care of your body is the No. 1 most important thing for good hair, good skin and good nails," she says. "Your nutritional needs show up on your hair, skin and nails."

Dryness is what she's usually battling, but she has success with leave-in conditioner as a weapon, says Coughlin, who signed earlier this year as a spokeswoman for hair-care brand Pantene. She skips the chlorine-removal shampoos, though, because she finds they not only take out the chemicals but also moisture. When she does her own hair and makeup, she'll wear her naturally wavy hair down with "just a touch of help from the curling iron." She'll wear brown eyeliner and mascara – both "don'ts" on days she is swimming because they'll run. THE ASSOCIATED PRESS

Save big on furniture so your kid can afford to party. Um, we mean, to study.
Go back to school with IKEA.

SNILLE
swivel chair. Black, blue, green, pink, red, white
Regular ~~$29.99~~
$19.99*
Limit 2 per customer.
Valid August 2 – 6, 2012.

Visit IKEA.ca for store locations and hours. Or to shop from home, visit our website or call 1-866-866-IKEA

IKEA®

* While supplies last. No rain checks. Selection may vary by store. Offer only valid on dates specified. Limit 2 per customer. Offer not valid on previous purchases. See store for details. © Inter IKEA Systems B.V. 2012.

The beauty of a few curves

Modern looks.
Smooth-lined furniture on its way

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For far too long we have seen the trend of square-edged furnishings highlighted in the best looking homes and hotels. I have always been a believer that whenever a decor scheme has square corners there must be a few rounded ones to create a healthy design juxtaposition.

As we slowly see a return to traditional lines in furnishings we also see "the curve" coming into modern looks. Here's a selection of "curves-with-personality" pieces that can help break up the linear action in most of today's rooms; and in my favourite colour combination of persimmon and grey.

Round out the room

A rounded banquette helps to snuggly fit a round table and mid century modern shapely chairs in a family eating nook.

Ryder Rocking Chair, $740, West Elm

Danish-inspired design with simple lines and natural materials turns the idea of a rocking chair into something of cool comfort.

Haviland Chest, $350, Pier 1

Painted stripes play off the Bombe curves of a stylish cabinet. A fun, personality-filled accent.

Hartwell Sofa, $1,999, Ethan Allen

An arched back and flared arms help to modernize the classic camel-back sofa.

Isala Side Table, $199, Ikea

Legs reminiscent of Victorian stair spindles serves up oversized whimsy on a side table.

Doily 8' Rug, $800, Anthropologie

Circularly shaped with petal details and scrolled cut-outs give us beautiful curves for the floor.

Corsett Leather Ottoman, $249, Urban Barn

Cinch it in for some sexy curves.

Incorporating curves into a modern space

- Use the 70/30 rule to balance the look in a room: 70 per cent square modern lines, 30 per cent curvy lines.
- Keep the colours solid and the patterns plain on curvy furnishings. Curvy lines and curvy patterns together are a thing of the past.
- Round-topped tables are good choices because they are easy to get around in a small space; no corners to bump into at night.

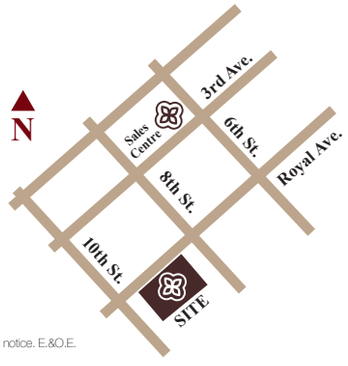
TOWNHOMES ON THE HILLSIDE OF THE QUAY!

Everyone wants to live at Brickstone Walk 2! Just a short walk to Skytrain, Pier Park, theatres, restaurants, shopping & more. Timeless brick townhomes with entertainment sized balconies and extraordinary interiors! Sparking quartz counters and gleaming stainless steel is the best of modern living! Great price and great quality means great happiness, success & prosperity live here.

$189,900 to $449,900

Visit the Sales Centre
Open Daily (Closed Fridays) Noon - 5pm
306 6th Street New Westminster BC

604.376.8060
www.BrickStoneWalk.com



This is not an offering for sale. Any such offering can only be made with a disclosure statement. The developer reserves the right to make modifications to the information contained herein. Prices are subject to change without notice. E.&O.E.
Developed by **Nu-Gen Projects Ltd.** Marketing & Sales by **Pilothouse Real Estate Inc.**

A rocky road paved with cappuccino leads to a drool-worthy cheesecake

A great combination for a cheesecake is coffee, chocolate chips, marshmallows and toasted almonds. This cheesecake is not only delicious but beautiful to present to your family and guests, especially if you drizzle it with more chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. In a small bowl, combine the crumbs, water and oil. Pat onto the bottom and partially up the sides of the pan.

3. Dissolve the coffee in the hot water. In the bowl of a food processor, add the ricotta and cream cheese, egg, sour cream, sugar, flour and dissolved coffee. Purée until smooth. Pour into the pan and bake for 35 minutes. Remove from the oven.

4. Sprinkle the marshmallows, chocolate chips and almonds over the cake and bake for another 5 minutes. Allow to cool, and chill before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Crust
- 1 2/3 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 1/2 tbsp instant coffee or espresso powder
- 1 1/2 tbsp hot water
- 2 cups light ricotta
- 1/2 cup light cream cheese, cubed
- 1 large egg
- 3/4 cup low-fat sour cream
- 1 cup granulated sugar
- 3 tbsp all-purpose flour

Topping
- 1/3 cup miniature marshmallows
- 3 tbsp semisweet chocolate chips
- 3 tbsp slivered toasted almonds

Cappuccino Rocky Road Cheesecake

This recipe serves 12. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Book of the week

A cake for every reason & season

Make, Bake & Celebrate! by Annie Rigg will inspire you to create something special, no matter how new you are to cake decorating.

Most of the cake recipes in the book are adapted from one of The Basics in the first chapter where you'll also find frostings and decorating techniques.

Chapters such as For Birthdays offer cakes for the grown sweet tooths (Gilded Double Chocolate Cake with Chocolate Roses) while For Kids has options specifically for the little ones (Chocolate Polka Dot Tower). Other recipes include Lilac and Lavender Petits Fours, Macron Wedding Cake, and more. METRO

If gentlemen prefer blonds, will bakers prefer blondies?

According to Hollywood, gentlemen prefer blonds. With this white chocolate-studded blondie treat and its duo of tastes, blondies are also easy to love. Their rich coffee and crunchy cashew texture also help.

All the elements are brought together in a sweet, rich bar that, thanks to a generous helping of brown sugar, stays moist and chewy with just a hint of crunch on the outside.

Want to take it even further? Sprinkle the top with flaked sea salt just before popping it in the oven. And if you don't like cashews, peanuts, almonds or walnuts would be good, too. Or maybe you want to add a bit of each.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking pan with cooking spray.

2. In bowl, combine water, coffee and vanilla. Stir until the coffee granules dissolve.

3. Add the butter, brown sugar and salt. Use an electric mixer or whisk to beat until light and fluffy. Add the eggs, one at a time, beating between additions and scraping down the sides of the bowl. Stir in the flour, then the white chocolate bits and cashews.

4. Spread the mixture evenly into the prepared pan. Bake for 35 to 40 minutes, or until a toothpick inserted at the centre comes out clean. Cool, then cut into 9 squares.

THE ASSOCIATED PRESS

This recipe serves 9. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp water
- 1 tbsp instant coffee
- 1 tsp vanilla extract
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 1/2 cups brown sugar
- 1 tsp salt
- 2 eggs
- 1 3/4 cups all-purpose flour
- 1 cup white chocolate bits
- 1 cup roasted cashews

Save big on furniture so your kid can afford to party. Um, we mean, to study.

Go back to school with IKEA.

SNILLE
swivel chair. Black, blue, green, pink, red, white
Regular $29.99
$19.99*
Limit 2 per customer.
Valid August 2 – 6, 2012.

Visit IKEA.ca for store locations and hours. Or to shop from home, visit our website or call 1-866-866-IKEA

IKEA®

* While supplies last. No rain checks. Selection may vary by store. Offer only valid on dates specified. Limit 2 per customer. Offer not valid on previous purchases. See store for details. © Inter IKEA Systems B.V. 2012.

As with regular dinner parties, summer barbecue parties have their own rules. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Barbecue P's and Q's

ASTRID VAN DEN BROEK
For Metro

Do you bring beer or wine to a barbecue? Can you bring friends who are in town for the weekend along?

While dinner parties have a clear dining etiquette, do the same rules apply to barbecues? We asked Louise Fox, owner of The Etiquette Ladies, to fill us in on bringing our best side to summer cookouts.

FOR HOSTS ...

Be specific about invitation details, notes Fox. "So if children are not invited, rather than say "no kids," say something like "Nancy and Rob, take a break from your kids and join us for a casual outdoor BBQ," she says. "Also indicate the start time, end time, location, parking, if it is a special occasion and ask about dietary restrictions."

Along with stocking your bathrooms with towels, soap and toilet paper, prep the inside of your home if rain forces you to move the party inside, says Fox.

Don't forget that alcohol consumption rests in your hands. "Monitor your guests alcohol consumption and don't over serve them, as you could be held responsible if an incident was to occur after they leave your party," says Fox, who suggests looking into a special occasion permit from your provincial liquor licensing board for large groups of guests.

FOR GUESTS ...

Even if your host insists you should arrive empty-handed, don't. "For outdoor events you could bring citronella candles, a can of bug spray, some bottled water or an outdoor plant for the garden," suggests Fox. "At least you should bring something to drink — a bottle of wine, cold beer, a jug of iced tea or some bottled pop."

Don't forget to help clean up. Even if your host is the type to leave the dishes until the next day, at least help bring your dishes and other accessories back inside.

And know when to head home. "Sometimes hosts have a very difficult time letting guests know it is time to go," says Fox. "If you hear comments about "getting up early" or "well, this was a wonderful evening" or "I guess we'd better call it a night," you should take a hint and make a graceful exit."

Grilling options

The menu for grilling this summer covers a wide assortment and includes everything from pizza and fruit to fish, chicken and veggies.

- There are many ways to cook salmon. One is to grill a salmon fillet or steak on an oiled grill for five to seven minutes in total. Consider smoking your salmon on a cedar plank to add a unique depth of flavour.
- While grilling fruit might sound odd, the fire caramelizes the fruit and concentrates the flavours. Hard fruits such as apples and pears are easier to grill because they hold their shape.
- Why not marinate your fruit in your favourite combination of spices and alcohol? Let the fruit marinate in a mixture of rum or brandy with brown sugar and your favourite spices, grill it and then top with vanilla ice cream for a delicious summertime dessert.
- When grilling vegetables, the possibilities are endless. Consider marinating your vegetables with olive oil. If you would like to kick things up a bit, try other flavoured cooking oils and add your favourite herbs.

KELLY PUTTER

Decor. Spruce up your patio space

ASTRID VAN DEN BROEK
For Metro

Got a special outdoor event coming up? Need some ideas on how to spruce up your patio space?

Samira Gagne, manager, colour trend and design for The Home Depot Canada, shares her top tips on dressing up your outdoor space.

DO A FURNITURE INVENTORY

Be sure you have enough space for guests to set down their mojitos and dinner plates. "Side tables or small, knock-down foldable tables are great pieces to have around when you're trying to create entertaining stations like buffets and kiddie tables," says Gagne. "Whether it's for a party or to set up all summer long, look for unique cart-like foldable tables for your entertaining needs."

Also, consider your outdoor seating situation … perhaps it's time to move off your tired patio table and six chairs set? Maybe modular seating is the way to go. "You can create an eclectic seating and lounging environment using modular seating," advises Gagne. "Modular sets help you turn unused corners of your backyard into summertime living spaces."

RETHINK YOUR LIGHTING

Ditto the outdoor flooded patio light. Try a softer, subtler touch in your outdoor lighting plans. "Use lots of lighting such as string lights from trees or lanterns on a timer to keep the party lively long after the sun goes down," she suggests.

DON'T BE AFRAID OF PRINTS

As far as prints and patterns go, Gagne suggests trying fresh takes on your outdoor space such as cabana stripes, block floral prints, global susani patterns or the classic sand dollar prints. "Also, incorporate colour into your outdoor spaces by using patterned and coloured accessories such as sunbrellas and decorative pillows," she says.

But how can you use bold colours and prints? "Treat your outdoor living spaces as an extension of your indoor space. So you'd exercise the same care in decorating your outdoor spaces as you would your indoor ones," she says.

Try layering your neutral outdoor furniture with pops of bold colour and patterns for a fresh update.

From top, Arden Outdoor High Back Chair Cushion, Dawson Stripe Marine, $31.98, Korhani Home 2-Pack Sandstone Beige Cushion, $18.99, Gracious Living Sky Blue Folding Side Table, $14.99, all available at Home Depot, homedepot.ca.

HILLTOP ACADEMY
FITNESS LEADERSHIP
DIPLOMA PROGRAM
BECOME A PERSONAL TRAINER
• Receive Your Diploma In 4 Months
• Earn Up To $70/Hour
• Job Placement Assistance
• Enter to WIN Free Tuition!
NEW LOCATION Now in New Westminster
HILLTOP ACADEMY
(604) 553.0505 • www.hilltopacademy.ca

Times Telecom & Bell Mobility Present…
The 2012 Times Telecom & Bell Mobility
SUMMER NIGHT MARKET IN RICHMOND
Voted one of the TOP NIGHT MARKETS IN THE WORLD!
Check out the GM Car Show and get your chance to win a vehicle this Weekend! Anime Revolution is back! Dressed up cartoon characters displaying their talents and fashion on stage this Friday, August 3rd. Remember to fill out a ballot for a chance to win tons of prizes. Admission is always free!
For more info, check out SummerNightMarketcom.
FREE ADMISSION!
Check out SummerNightMarket.com or call 604.278.8000 for Vendor and Sponsorship information.
12631 VULCAN WAY

SPORTS 4

Adam Scott reacts to a missed par putt on the 18th green during the final round of the Open Championship on July 22 at Royal Lytham & St. Annes Golf Club in England. After his tough loss at the British Open, Scott is still convinced there will be a major championship trophy with his name on it. HARRY HOW/GETTY IMAGES FILE

Scott ready for his next shot at a major

Golf. Australian blew four-shot lead at British Open last month, but believes he will get a major trophy

There's no silver claret jug for Adam Scott, only a silver lining.

For two days after the British Open, where Scott lost a four-shot lead with four holes to play, he holed up at his home in the Swiss Alps and tried to digest what went wrong. The numbness he felt that Sunday evening, when Ernie Els was introduced as the champion golfer of the year, stayed with him. He didn't beat himself up. He didn't curl up in a corner. It was a time of quiet reflection.

It's when he went to the golf course at Crans-Sur-Sierre to hit balls that his outlook brightened considerably.

"I hit the first few balls, and I hit them nice," Scott said Wednesday. "And that was kind of a reminder that it's not horrible and I don't know how to play golf anymore. It was just four holes that I'll have to learn from and be tougher on myself next time I'm in that position."

That's what Scott took away from Royal Lytham & St. Annes. He is convinced there will be a next time. He's convinced there will be a major championship trophy in his name.

Scott still hasn't seen replays of that final hour. The soft bogey on the 15th. The three-putt bogey on the 16th. Belting a pure tee shot on the 17th, only to hit 6-iron to the left of the green to set up another bogey. And a 3-wood into the bunker on the 18th, which led to one final bogey to finish one shot behind.

"Look, I can imagine how it probably looked," Scott said. "If it was me watching somebody else, I certainly could feel for them. But for me ... I'm disappointed that I didn't win from that position, but I left that major the same as I've left every other one — and that's empty-handed."

Different from the others was remembering the first 68 holes that put him in that position.

Scott had never seriously contended in a major until last year at the Masters, where he made clutch putts over the closing holes and played well enough to win until Charl Schwartzel made history at Augusta National by closing with four straight birdies to win by two.

And now the Open.

His next chance is a week away.

Scott headed to Kiawah Island earlier this week to see The Ocean Course, where the PGA Championship is being held for the first time.

First up is the Bridgestone Invitational, where a year ago Scott claimed his first World Golf Championship.

THE ASSOCIATED PRESS

MLB

New York Yankees end 4-game skid

Robinson Cano hit a grand slam in a seven-run third inning, and New York sent Zach Britton to another shellacking at Yankee Stadium in a 12-3 rout of the Baltimore Orioles on Wednesday that stopped a four-game losing streak.

THE ASSOCIATED PRESS

Robison Cano GETTY IMAGES

CFL

Als' Emry and Lions' Reddick fined for Week 5 incidents

The Canadian Football League says it has assessed fines against two players for incidents from last week's action.

Montreal Alouettes linebacker Shea Emry was fined for an illegal block below the waist on a special-teams play during last Friday's game against the Toronto Argonauts.

And BC Lions linebacker Anthony Reddick was penalized for a late hit on Calgary Stampeders quarterback Kevin Glenn during last Saturday's game.

The league does not disclose player fine amounts.

THE CANADIAN PRESS

Mobile sports

The gymnast whose career record for most Olympic medals was broken by Michael Phelps says she doesn't mind that the American swimmer has surpassed her. Larisa Latynina, who won 18 medals from 1956 to 1964 while competing for the Soviet Union, was in London on Tuesday to watch Phelps, and she says she was happy for him. Scan the code for the story.

NHL. Flyers reward Laviolette with 2-year deal

Peter Laviolette led the Flyers within two wins of a Stanley Cup championship. Philadelphia is willing to give their coach a few more years to finish the job.

Laviolette and the Flyers agreed Wednesday to a two-year contract extension that will take him through the 2014-15 season.

Philadelphia has the third-most wins in the Eastern Conference (122), behind only Pittsburgh and Washington (127 each) since Laviolette was hired to take over for John Stevens in December 2009.

THE ASSOCIATED PRESS

Peter Laviolette GETTY IMAGES FILE

Soccer

Toronto FC win big in Champions League opener

Reggie Lambe of Bermuda scored twice to help Toronto down El Salvador's Aguila 5-1 on Wednesday in the Group One opener of the CONCACAF Champions League.

Luis Silva, Terry Dunfield and Ryan Johnson also scored for Toronto in front of a crowd of 5,324.

After missing a connecting flight and spending the night in Miami, Aguila didn't arrive in Toronto until a few hours before kickoff.

THE ASSOCIATED PRESS

Boxing. Mayweather Jr. due for release from jail

Floyd Mayweather Jr. is due for release from a Las Vegas jail by the weekend after serving two months in a domestic battery case.

Records show that the 35-year-old undefeated champion is due for release Friday from the Clark County Detention Center.

Las Vegas police Officer Jose Hernandez said Wednesday that Mayweather Jr. was granted time off his 90-day sentence for work and good behaviour.

Mayweather Jr. surrendered for jail on May 1 after pleading guilty in December to misdemeanour charges in a September 2010 scuffle with his girlfriend, Josie Harris, while two of their children watched.

Mayweather Jr. promoter Leonard Ellerbe did not respond this week to messages. THE ASSOCIATED PRESS

Plea deal

With the plea deal, Mayweather Jr. avoided a trial on felony charges that could have landed the boxer in prison for a maximum of 34 years.

Rowing their way to redemption in London

Men's eight. After last-place showing in heat over weekend, Canadians come back to earn silver in London

Canada's men's eight rowing team members, from right, Jerry Brown, Andrew Byrnes, Conlin McCabe, Will Crothers, Rob Gibson, Brian Price, Malcolm Howard, Gabe Bergen, and Doug Csima celebrate their silver medal at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Credit the Canadian men's eight with a horrendous start and courageous finish to the Olympic regatta.

After finishing last in their opening heat last Saturday, the Canadians did a lot of soul-searching, absorbed a tongue-lashing from veteran coach Mike Spracklen and then got their act together again.

The roller-coaster ride led to a silver medal Wednesday at Eton Dorney, a tribute to hard work, good character and terrific coaching.

The Canadians won rowing's marquee event at the 2008 Games in Beijing but only had three returning members of that crew — Toronto's Andrew Byrnes, Victoria's Malcolm Howard and coxswain Brian Price of Belleville, Ont. — in the London boat.

The other members of the Canadian eight are Will Crothers and Rob Gibson of Kingston, Ont., Jerry Brown of Cobourg, Ont., Conlin McCabe of Brockville, Ont., Doug Csima of Oakville, Ont., and Gabe Bergen of 100 Mile House, B.C.

Since Beijing, the German eight has ruled the waves going unbeaten in almost four years.

Germany was unstoppable again, winning in five minutes 48.75 seconds ahead of Canada in 5:49.98 and Britain at 5:51.18.

"We knew we'd have to have an amazing race to get on the medal podium," said McCabe. "Like to get the bronze, even."

Once on shore Wednesday, the Canadians celebrated as if they had won. It wasn't quite worst to first, but it was close.

Canada started sluggishly at the regatta, finishing last in its heat behind Germany, Britain and the Netherlands.

Spracklen said he ended a no-holds-barred meeting on Sunday by making an unusual request.

"I can't remember it word-for-word, but what I said was, 'I have one last request and I've never asked anyone before — win the race for me,"' said Spracklen.

The Canadians changed tactics as a result.

Instead of going after the Germans in the final on Wednesday, the Canadians focused on their start and then looked to work off other crews. They disposed of Australia, then the Dutch, then Britain.

"Right from our start, I knew this was going to be good," Brown said. "(We) just had to keep pushing. The boat's on a rail — just keep adding to it. We've got so many horses in that boat."

THE CANADIAN PRESS

Quoted

"At 750 (metres), I said, 'Guys, put on your hard hats. It's time to go to work.' And they went to work. It was all about just work, work, work. Every stroke."

Canadian coxswain Brian Price

Cycling

Hughes finishes 5th in final ride

With the finish at Hampton Court Palace approaching, Canadian cyclist Clara Hughes furiously worked her pedals as she made one last push for the line.

She did it all with a smile on her face as she soaked up the joy of competing on the Olympic stage one last time.

Hughes capped an incredible Olympic career with a fifth-place finish in the women's time trial on Wednesday. She was almost a minute behind American Kristin Armstrong.

Hughes was about 30 seconds away from reaching the podium at the Games for a seventh time.

"I knew today, I knew in the last week, in the last month, that this is the last time I would have the chance to race in the Olympics," Hughes said. "I'm really proud of what I did."

Hughes and former long-track speedskating teammate Cindy Klassen share the honour of being the country's most decorated Olympians. Hughes won two cycling medals at the 1996 Games in Atlanta and went on to capture four more in speedskating over the last three Winter Olympics. THE CANADIAN PRESS

Clara Hughes, during her final Olympic ride on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Cycling. Wiggins sets new standard for British Olympians with gold in time trial

There was no better place for Bradley Wiggins to sit than on a throne.

The 32-year-old Londoner completed his coronation as one of Britain's top sports figures on Wednesday by winning gold in the men's time trial at the London Games, just 10 days after becoming the first British rider to win the Tour de France.

It was Wiggins' fourth Olympic gold — after three previous ones in track cycling — and gave him a British record seven overall. He had shared the mark of six medals with Steve Redgrave — although the rowing great won five golds.

After pedalling his way through a sea of flag-waving and sideburn-wearing fans toward the former royal residence of Hampton Court and a gold that never seemed in doubt, Wiggins was ushered from the finish line toward a very fitting seat — one of three gilded thrones where the top finishers waited to see if they had won a medal.

Bradley Wiggins in London on Wednesday. THE ASSOCIATED PRESS

Wiggins didn't have to sit there for more than a few seconds, as the only remaining threat — Fabian Cancellara — was well out of reach of his time.

Wiggins quickly jumped back on his bike and rode down the course again to share his victory with his raucous supporters.

"I wanted to go and see my wife and all the people that had come to stand there on the roadside," Wiggins said. "We all know about the Olympic ticketing.... The great thing about cycling is it's free to come and watch. All the real fans are out there, if you're not lucky enough to come in and get a ticket. It was nice to go back out and roll up and down."

Victoria native and Giro d'Italia winner Ryder Hesjedal was Canada's lone competitor in the event. He finished 28th. THE ASSOCIATED PRESS

Thursday's 3 to watch

1 Women's judo

Amy Cotton of Montreal takes to the judo mat in the 78-kilogram class. The 32-year-old finished ninth at the 2004 Games in Athens.
Time: 7 a.m.
Channel: CTV

2 Men's swimming

American stars Ryan Lochte and Michael Phelps, pictured, look to add to their already impressive medal hauls in the 200-metre individual medley final.
Time: 12:30 p.m.
Channel: CTV

3 Women's beach volleyball

Canadian beach volleyball duo Annie Martin and Marie-Andree Lessard, pictured, look for their first win after a pair of losses. They take on Italians Greta Cicolari and Marta Menegatti.
Time: 4 a.m.
Channel: TSN

Hayden fights off nerves to claim his first medal

Hometown hero. Swimmer from Mission wins bronze in his third Olympic Games

The most senior member on Canada's swim team conquered rookie nerves to capture his first Olympic medal.

Brent Hayden won bronze in the 100-metre freestyle Wednesday for Canada's first swim medal of the 2012 Summer Games.

After touching the wall in 47.80 seconds, Hayden turned, rose out of the water almost to his waist to see the scoreboard and then slapped his right hand into the water with joy.

"There are so many times when you can dream of something, but a million out of a million and one times it won't come true," Hayden said. "This was one of the things that I was very fortunate as a human being to have happen to me."

American Nathan Adrian out-touched James Magnussen for gold in 47.52, followed by the Australian in 47.53.

Hayden grappled with emotion and a complaining back in the hours prior to his race. The three-time Olympian required three spinal adjustments from his medical team to address his discomfort.

A first for Canada

- Hayden is the first Canadian man to win an Olympic medal in the 100-metre freestyle.
- The man who last swam in a final, International Olympic Committee member Dick Pound, hung the bronze around Hayden's neck. Pound was sixth in the 1960 Olympics.

The Mission swimmer is a world champion and world silver medallist in the distance, but was about to swim in his first Olympic final in three tries.

"I just couldn't help feeling like 'The best day of my life feels like the worst day of my life right now,'" he explained. "I woke at 6 a.m. and my heart pounding because I was thinking about the race.

"It took me a while to turn that off and fall back asleep. All throughout the day I kept having these moments where I'd kind of start to think about the race and my heart would start thumping and I thought 'I've got to stay calm, I've got to stay calm.'"

At 28, Hayden was more than three years older than Cesar Cielo, the next eldest in the final.

The two veterans went out quickly with Hayden second to the Brazilian at the 50-metre split. But Adrian and Magnussen went eyeball to eyeball in the fourth and fifth lanes and closed hard. Hayden kept contact in the seventh lane.

"I kind of had the urge to kiss the starting block because I just never knew I could love Lane 7 so much," he said. "Tonight was (about) digging down deep into my soul."

THE CANADIAN PRESS

Brent Hayden celebrates his bronze-medal win Wednesday in the 100-metre freestyle at the Aquatic Centre in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

Quoted

"It was all about finding my inner strength and feeding off my fiancée's vibes from the stands."

Brent Hayden will marry Nadina Zarifeh in Lebanon a week after the closing ceremonies in London

Canadian badminton duo reach medal round

Canada's Alex Bruce and Michele Li, rear, play Australia on their way to winning their quarter-final match in women's doubles badminton Wednesday. The pair lost all three of their round-robin matches, but were re-entered in the tournament after eight players were expelled for trying to lose matches on purpose. ANDRES LEIGHTON/THE ASSOCIATED PRESS

Record reaction. London Games chairman 'not sure' Phelps the greatest

With 19 medals, Michael Phelps is the most decorated Olympian of all time. But the greatest?

Not for Sebastian Coe.

Coe, the two-time gold medallist in the 1,500 metres and head of the London Games, is not ready to anoint Phelps as the supreme Olympian.

"You can probably say that clearly, self-evidently, in medal tally he's the most successful," Coe said Wednesday. "My personal view is I am not sure he is the greatest, but he is certainly the most successful. That goes without saying."

The American swam the anchor leg of the winning U.S. 4x200-metre freestyle relay Tuesday night to surpass Soviet gymnast Larisa Latynina for most career Olympic medals. Latynina won 18 medals at the 1956, 1960 and 1964 Olympics.

Phelps, who won a record eight gold medals at the 2008 Beijing Games, is competing in three other events in London and can take the record further.

So who, Coe was asked, would he pick over Phelps?

He started with a crack: 'Well, modesty prevents me from.... No. That's a joke.

"This is the global pub game," said Coe, who won his gold medals at the 1980 and 1984 Games. "Who is the greatest Olympian of all time? I could go around this whole room, we'd all come up with different interpretations on."

THE ASSOCIATED PRESS

Day 5 results

MEDAL STANDINGS

73 of 302 total medal events

Nation	G	S	B	Tot
China	17	9	4	30
United States	11	8	9	28
South Korea	6	2	4	12
France	5	3	4	12
North Korea	4	0	1	5
Germany	3	8	2	13
Italy	3	4	2	9
Kazakhstan	3	0	0	3
Japan	2	4	11	17
Russia	2	4	5	11
Also				
Canada	**0**	**1**	**5**	**6**

BASKETBALL

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

Country	W	L	Pts
France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Wednesday, Aug. 1
France 64, Canada 60
China 76, Angola 52
Australia 67, Brazil 61
Russia 67, Britain 61
Czech Republic 89, Croatia 70
United States 89, Turkey 58

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ROWING

Men's eights — Canada (Gabriel Bergen, 100 Mile House, B.C.; Douglas Csima, Oakville, Ont.; Rob Gibson, Kingston, Ont.; Conlin McCabe, Brockville, Ont.; Malcolm Howard, Victoria; Andrew Byrnes, Toronto; Jeremiah Brown, Cobourg, Ont.; Will Crothers, Kingston, Ont.; Brian Price, Belleville, Ont.), won the silver medal in 5:49.98.
Men's lightweight double sculls — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished first in their semifinal heat in 7:02.85 and qualified.
Men's pairs — David Calder, Victoria, and Scott Frandsen, Kelowna, B.C., finished first in their semifinal heat in 6:56.47 and qualified.

SWIMMING

Men's 100 freestyle — Brent Hayden, Mission, B.C., won the bronze medal in 47.80.
Men's 200 backstroke — Tobias Oriwol, Toronto, finished fourth in his qualifying heat in 1:58.06. He finished seventh in his semifinal heat in 1:58.74 and did not advance to the final.
Men's 200 individual medley — Andrew Ford, Guelph, Ont., finished first in his qualifying heat in 2:00.28. He finished seventh in his semifinal heat in 2:01.58 and did not advance to the final.
Women's 100 freestyle — Julia Wilkinson, Stratford, Ont., finished third in her qualifying heat in 54.16. She finished seventh in her semifinal heat in 54.25 and did not advance to the final.
Women's 200 breaststroke — Tera Van Beilen, Oakville, Ont., finished seventh in her qualifying heat in 2:27.70 and did not advance. Martha McCabe, Toronto, finished third in her qualifying heat in 2:26.39. She finished fourth in her semifinal heat in 2:24.09. McCabe, finished seventh in her final heat in 2:24.09 and advanced to the final.
Women's 4x200 freestyle relay — Canada (Barbara Jardin, Notre-Dame-de-Grace, Que.; Samantha Cheverton, Lachine, Que.; Amanda Reason, Toronto; Brittany MacLean, Toronto), finished second in its final heat in 7:50.84. Canada finished fourth in the final in 7:50.65.

BASKETBALL

Women — Canada lost to France 64-60.

JUDO

Men's 90Kg — Alexandre Emond, Montreal, lost to Winston Gordon, of Britain, in Ippon, O-guruma, in 1:43 in the round of 32.
Women's 70Kg — Kelita Zupancic, Whitby, Ont., lost to Lucie Decosse, of France, in Ippon, Ko-soto-gari, in 4:31 in the round of 16.

SAILING

Men's windsurfer — Zac Plavsic, Vancouver, is in seventh place after the fourth race (36).
Men's laser — David Wright, Toronto, is in 18th place after the sixth race (80).
Men's 49er — Hunter Lowden, West Vancouver, B.C. and Gordon Cook, Toronto, are in 14th place after the sixth race (50).
Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 29th place after the sixth race (126).
Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the fourth place (36).

ARCHERY

Women's individual 70m — Marie-Pier Beaudet, Levis, Que., lost to Louise Laursen, of Denmark, 7-3 in the round of 32.

CYCLING

Men's time trial — Ryder Hesjedal, Victoria, finished 28th in the final in 56:06.18.
Women's time trial — Clara Hughes, Glen Sutton, Que., finished fifth in the final in 38:28.96. Denise Ramsden, Yellowknife, finished 19th in the final in 41:44.81.

WEIGHTLIFTING

Women's 69Kg — Marie-Eve Beauchemin-Nadeau, Quebec City, finished eighth in the final with a weight of 239 kilograms.

FENCING

Women individual sabre — Sandra Sassine, Montreal, lost to Aleksandra Socha, of Poland, 15-7 in the round of 32.

DIVING

Men's synchronized 3m springboard — Alexandre Despatie, Laval, Que. and Reuben Ross, Regina, finished sixth in the final with a score of 421.83.

SOCCER

MEN

FIRST ROUND

GROUP A

	GP	W	D	L	GF	GA	Pts
Britain	3	2	1	0	5	2	7
Senegal	3	1	2	0	4	2	5
Uruguay	3	1	0	2	2	4	3
U.A.E.	3	0	1	2	3	6	1

Wednesday, Aug. 1
Britain 1, Uruguay 0
United Arab Emirates 1, Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
Mexico	3	2	1	0	3	0	7
South Korea	3	1	2	0	2	1	5
Gabon	3	0	2	1	1	3	2
Switzerland	3	0	1	2	2	4	1

Wednesday, Aug. 1
Mexico 1, Switzerland 0
Gabon 0, South Korea 0

GROUP C

	GP	W	D	L	GF	GA	Pts
Brazil	3	3	0	0	9	3	9
Egypt	3	1	1	1	6	5	4
Belarus	3	1	0	2	3	6	3
New Zealand	3	0	1	2	1	5	1

Wednesday, Aug. 1
Brazil 3, New Zealand 0
Egypt 3, Belarus 1

GROUP D

	GP	W	D	L	GF	GA	Pts
Japan	3	2	1	0	2	0	7
Honduras	3	1	2	0	3	2	5
Morocco	3	0	2	1	2	3	2
Spain	3	0	1	2	0	2	1

Wednesday, Aug. 1
Morocco 0, Spain 0
Honduras 0, Japan 0

Horoscopes

♈ Aries
March 21 - April 20
You have the energy and the ambition to make something special of your life, but not everyone believes you are up to the task. Go out of your way to prove them wrong today. They won't doubt you much longer.

♉ Taurus
April 21 - May 21
You may be tempted to get involved in a friend's personal problems but that would be a big mistake. No matter how much you think they need help, the best thing you can do is steer clear — for now.

♊ Gemini
May 22 - June 21
The Sun in Leo is good for Geminis but today's full moon could bring some kind of setback. If travel or social plans have to be changed, there is no point getting mad about it. Just go with the flow.

♋ Cancer
June 22 - July 23
Today's full moon takes place in the wealth sector of your chart, so you would be wise not to take chances with money, either your own or other people's. A little caution is by far the best investment.

♌ Leo
July 24 - Aug. 23
The Sun in your sign makes all things possible but it doesn't get rid of those annoying people who always seem to be telling you not to take risks. No one tells a Leo to do anything and gets away with it!

♍ Virgo
Aug. 24 - Sept. 23
You may decide, with good reason, that you don't want to take on extra duties on the work front, and you are within your rights to say so. You're not interested in doing more — you want to do better.

♎ Libra
Sept. 24 - Oct. 23
There is a luck factor working in your favour at the moment but don't take it for granted. Today's full moon will in some way remind you that fate has a tendency to change just when we least expect it.

♏ Scorpio
Oct. 24 - Nov. 22
You may be ambitious at the moment but today's full moon could bring an element of self-doubt into your life. Scorpio, self doubt? Is that possible? Yes it is, but only in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to slow down and enjoy the fruits of your success but while the momentum is on your side you really ought to make the most of it. Do something outstanding today.

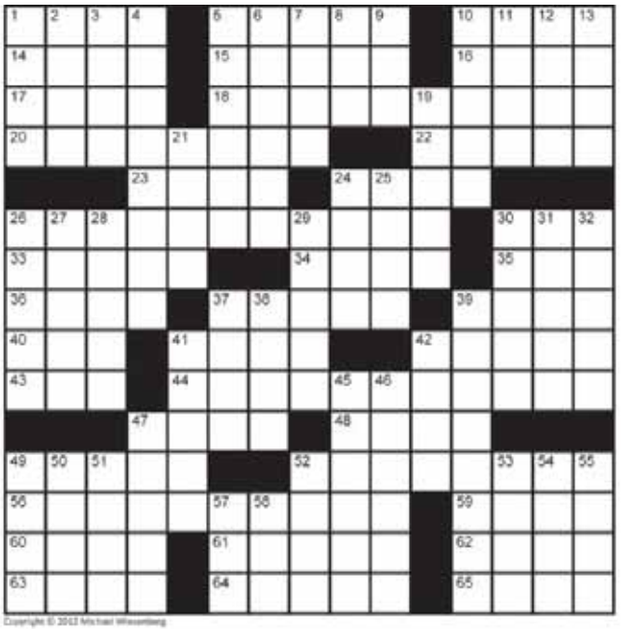
♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that nothing is what it seems at the moment, so make an effort to read between the lines, especially when there is money at stake. Accept nothing on trust — always demand facts and figures.

♒ Aquarius
Jan. 21 - Feb. 19
It does not matter how worked up you get about various injustices, you won't be able to change anything. All you can do is take care of your own life. Others will follow your example.

♓ Pisces
Feb. 20 - March 20
The best way to forget your worries is to throw yourself into your work. By focusing your conscious mind on the task at hand, you free your subconscious mind to find the answers for you. It won't take long. SALLY BROMPTON

Crossword: This and That

BY MICHAEL WIESENBERG



Across

1. Actress Watson of Harry Potter movies
5. Ontario and Great Slave
10. Alberta-based power distribution company that controls its operations through Canadian Utilities
14. Car top
15. Internet-based periodical, familiarly
16. "Ouch!"
17. "What business is ___ yours?"
18. Montréal's ___ Seaway
20. Canada's 20th PM, 1993-2003
22. Arm bones
23. Gator's cousin
24. Three tsps.
26. Hamilton-born SCTV and SNL graduate who starred in *Three Amigos, Innerspace, Pure Luck, Mars Attacks!, Father of the Bride, and Father of the Bride Part 2*
30. "Do ___ say!"
33. "I don't want to hear ___ out of you!"
34. Modest response to praise
35. Wheat part
36. Caked deposit
37. Toronto-born *60 Minutes* regular Morley
39. Huff
40. Not hers
41. "___ Want for Christmas ..."
42. Big spoon
43. Bullfight "Bravo!"
44. Kitchener-born Miss Moneypenny player in many Bond movies
47. Stereo brand
48. French assents
49. Big name in dental care
52. Ontario neighbor
56. Canada's government
59. Iraqi or Lebanese
60. Songstress James of jazz
61. "Ready or not, ___ come!"
62. *The Thomas Crown Affair* costar Russo
63. ATM offering
64. Cubic metre
65. Does lawn repair

Down

1. Guitarist Clapton
2. Butterfly relative
3. Tie up, in a way
4. Impacted
5. Skin wound
6. Early Mexicans
7. Brick-baking oven
8. Old Spanish queen or Bambi's aunt (NAE anagram)
9. Repair tears
10. "The dog gave ___ when the boy kicked it"
11. Ala. neighbor
12. ___-Cola
13. Is in debt
19. Out of practice
21. Stumble
24. Kind of bag
25. "It's c-c-c-cold!"
26. Chest-thumping
27. Taxing month
28. Employ again
29. Stereos
30. *Biography* cable channel
31. Unappetizing fare
32. "___ Inside": computer slogan
37. Decelerate
38. Et ___: and others (Lat.)
39. Reacted to a knockout
41. Excuse
42. Half CXXIV
45. Bellyacher
46. Em or Mame
47. Moslem deity
49. Org. that includes Venezuela and Ecuador
50. ___-tat-tat: machinegun sound
51. Painting and sculpture, e.g.
52. Just
53. Some kids eat the middle of this first
54. Rock group
55. President Lincoln and namesakes
57. Contented comments
58. Encountered

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				5				9
	8				6	2	7	
	9		7	3				
	7					8		
8		4				5		3
		1					2	
				4	8		3	
	6	5	1				9	
2				6				1

Yesterday's Sudoku

6	2	5	3	4	9	1	8	7
4	8	9	7	6	1	3	2	5
7	3	1	2	5	8	9	6	4
3	5	4	8	9	6	2	7	1
2	7	8	1	3	4	5	9	6
9	1	6	5	7	2	8	4	3
1	4	7	9	2	5	6	3	8
8	9	3	6	1	7	4	5	2
5	6	2	4	8	3	7	1	9

Today 21°/15° Partly cloudy
Friday 24°/17° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Search over 50,000 used cars, fast and free.
autocatch.com

FLIGHT CENTRE Unbeatable
Hawaii 16-Night Cruise
$1559 from
incl $1454 base + $105 taxes & fees
CRUISE roundtrip Vancouver and visit Hilo (Hawaii), Lahaina (Maui), Port Allen (Kauai) and Honolulu (Oahu).
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Cruise prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

BR baskin robbins ice cream cakes

Multiple Offers!

BASKIN ROBBINS: THREE OPTIONS:
OPTION 1: $12.50 FOR A 6-INCH VERY BERRY STRAWBERRY CAKE
OPTION 2: $12.50 FOR A 6-INCH STRAWBERRY HEART CAKE
OPTION 3: $20 FOR A 9-INCH COOKIES N CREAM CAKE

Regular Price: $25

You Save: $12.50

Discount: 50%

$59 FOR 10 KICKBOXING FUNDAMENTALS CLASSES FROM ULTRAFORCE KICKBOXING MIXED MARTIAL ARTS (A $179 VALUE)

THERMOR LTD: TWO OPTIONS:
OPTION 1: $112 FOR PICKUP OF A BIOS ACTION CAM 3.0 DIGITAL VIDEO CAMERA
OPTION 2: $121 FOR DELIVERY OF A BIOS ACTION CAM 3.0 DIGITAL VIDEO CAMERA

ACCENT CRUISES: TWO OPTIONS
OPTION 1: $99 FOR 2 PASSES TO A 2.5-HOUR FIREWORKS CRUISE
OPTION 2: $149 FOR 2 PASSES TO A 2.5-HOUR FIREWORKS CRUISE WITH DINNER

WagJag Golf

$17 FOR 6 BUCKETS OF RANGE BALLS AND 1 ROUND OF MINI PUTT AT TAKAYA GOLF CENTRE (A $44 VALUE)

Visit: WagJag.com

Follow us on: facebook.com/wagjag @wagjagvancouver

Hurry to WagJag.com to purchase local deals before time runs out.